



RIDE4T1

FREE COMMUNITY DAY • LEEDS

LEEDS, A TYPE 1 DIABETES GET-TOGETHER. **ARE YOU IN?**

For everyone living with Type 1 and everyone around them - kids, parents, carers, friends, and healthcare professionals. Free - reserve your spot with the QR code, or just drop in on the day.

REAL STORIES

how the ride team train, travel and manage
Type 1 day to day

MEET OTHERS WITH T1D

the ride team, local clinicians and peers who
get it

ASK US ANYTHING

short talks, informal Q&A and a panel -
hypos, sport, tech, confidence

TAKE SOMETHING HOME

EXTOD Exercise Confidence Guides at the
end of the day

SUNDAY 6 SEPTEMBER • 12PM - 4PM The Brownlee Centre, Leeds

What is Ride4T1? An awareness ride from Land's End to John O'Groats - 1,891 km off-road in 25 days, every rider living with Type 1 Diabetes. This Community Day is one of five stops along the way, hosted with Enhance-d. Not to prove a point, but to share one: Type 1 is no barrier to an active life.

RIDE4T1.COM



SCAN TO RESERVE YOUR SPOT

SUPPORTED BY



TOGETHER TYPE 1

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.